



Green for Go Local

Ingredients in **green** = locally grown or produced



Green Tomato Chow



Potato



Turnip



Sweet Potato



Haddock

Crispy Breaded Haddock with Home Fries

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 3 oz (85 g) fish, 3 oz (85 g) home fries, 1 Tbsp (15 mL) tartar sauce

Ingredients

For Tartar Sauce:

- 2 cups (500 mL) Mayonnaise
- 1 cup (250 mL) Yellow mustard
- 1 cup (250 mL) Relish or **green tomato chow**

For Home Fries:

- 10 lb (4.54 kg) **Potatoes**, washed and cut in wedges or cubes
- ½ cup (125 mL) Oil
- 2 tsp (10 mL) Salt or garlic salt

For Haddock:

- 4 cups (1 L) **Breadcrumbs** (whole wheat panko or ground whole grain bread)
- ½ cup (125 mL) Oil
- 1 tsp (5 mL) Salt
- 10 lb (4.54 kg) **Haddock** fillets cut in 3–4 oz (85–115 g) portions
- 2 tsp (10 mL) Salt
- ½ tsp (3 mL) Ground black pepper

Directions

Note: Wash all produce well.

1. To make the tartar sauce, combine the mayonnaise, mustard and relish or chow. This can be done ahead and stored, tightly covered, in the fridge.
2. Preheat the oven to 400°F (200°C). Toss potatoes with oil and salt and spread in a single layer on a baking sheet lined with parchment (or two if needed)*. Roast, turning the potatoes once or twice, for 25–30 minutes, until tender and browned. Hold warm until needed in the oven or steam table.
3. In a frying pan, heat the oil over low heat. Add breadcrumbs and salt and stir to combine. Cook, stirring occasionally until breadcrumbs are golden brown, 5 to 10 minutes. This step can be done ahead; store the crumbs in a tightly covered container in the freezer until needed.
4. Meanwhile, line two full-size baking sheets or four smaller sheets with parchment and lightly oil. Lay the fish out in a single layer and season with salt and pepper. Sprinkle with the crumbs and pat firmly to adhere.
5. Just before serving, bake for 8–10 minutes. If you need to keep the fish warm for a while, remove the baking sheets from the oven, allow the oven to cool to 170°F (75°C), then return the sheets to the oven. Serve straight from the baking sheet as the flaky fish will not transfer well to a hotel pan.

*If you don't have enough oven space to bake the wedges, try serving the haddock with mashed potatoes (see Roast Chicken with Mashed Potatoes recipe) or brown rice (see Egg Roll in a Bowl recipe)!



Equipment

- Three full-size baking sheets
- Large bowl
- Frying pan

Note from the Authors

"We find that offering this simple healthy take on the classic fish 'n' chips is a great way to get local fish on plates. It's a big hit!"

- Jenny & Rosie

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Sauces: Tartar sauce, green tomato chow, ketchup, vinegar, lemon
- ★ **Caesar salad**
- ★ **Garden salad: lettuce, spinach, tomatoes, cucumbers, grated carrots**
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Broccoli** - lightly cooked
- ★ **Carrots** - lightly cooked or raw
- ★ **Peas**
- ★ **Dulse**
- ★ **Green or yellow beans**
- ★ **Fiddleheads** - cooked
- ★ **Pea shoots** or other **microgreens**
- ★ **Brussels sprouts** - roasted or boiled
- ★ **Turnip** - roasted or mashed
- ★ **Fruit**

Tips & Tricks

Change It Up!

- Add some spice to the home fries by seasoning with paprika, garlic powder, onion powder, oregano and ground black pepper.
- Serve the fish in a bun for a Crispy Fish Sandwich or on corn tortillas with cabbage and taco toppings for a Fish Taco.
- This easy method would work well with any fish; adjust the cooking time for thicker fillets if necessary.

Make Extra

Prepare a large batch of the toasted breadcrumbs and store in the freezer.

Veg It Up!

Add diced turnip, sweet potatoes, or parsnips along with potatoes to the home fries for extra colour, fiber and flavour.